

Listing of Claims:

Claim 1 (**currently amended**): A method comprising administering to an individual regulating body weight an amount of **dietary calcium in a** calcium-containing **product** [~~products~~] sufficient to induce weight loss, prevent weight gain, and/or increase the metabolic consumption of adipose tissue in the individual.

Claim 2 (original): The method of claim 1, wherein dietary calcium is administered daily in an amount of at least about 1000 mg/day.

Claim 3 (original): The method of claim 1, comprising informing the individual that consumption of the calcium-containing product can induce weight loss or reduce weight gain.

Claim 4 (original): The method of claim 1, further comprising determining dietary calcium consumption of the individual and (1) if the dietary calcium consumption is below 1000 mg/day, increasing the dietary calcium consumption, and (2) if the dietary calcium consumption is at least about 1000 mg/day, maintaining the dietary calcium consumption.

Claim 5 (original): The method of claim 4, wherein the amount of dietary calcium consumed by the individual before administering the sufficient amount of calcium-containing products is less than about 400 mg/day.

Claim 6 (original): The method of claim 4; wherein the amount of dietary calcium consumed by the individual before administering the sufficient amount of calcium-containing products is less than about 773 mg/day.

Claim 7 (original): The method of claim 1, wherein the daily calcium administered is at least about 1346 mg/day.

Claim 8 (original): The method of claim 1, wherein the individual is on a calorie restricted diet.

Claim 9 (original): The method of claim 1, wherein the calcium is contained in dairy products.

Claim 10 (original): A method of regulating weight in an individual comprising administering dairy products in an amount sufficient to induce weight loss, prevent weight gain, and/or increase the metabolic consumption of adipose tissue in the individual, the amount being at least about 57 servings per month.

Claim 11 (original): The method of claim 10, wherein the dairy products are consumed daily.

Claim 12 (original): The method of claim 10, further comprising determining the dairy consumption of the individual and (1) if the dairy consumption is below about 57 servings/month, increasing the dairy consumption, and (2) if the dairy consumption is at least about 57 servings/month, maintaining the dairy consumption.

Claim 13 (original): The method of claim 10, wherein the amount of dairy consumed by the individual prior to administering the sufficient amount is less than about 57 servings/month.

Claim 14 (**currently amended**): The method of claim 1 [~~10~~], wherein the calcium consumption induces a metabolic change selected from the group consisting of decreasing intracellular calcium concentrations ($[Ca^{2+}]_i$), stimulating lipolysis, inhibiting lipogenesis, increasing the expression of white adipose tissue uncoupling protein 2 (UCP2), reducing serum insulin levels, thermogenesis, and decreasing the levels of calcitrophic hormones.

Claim 15 (original): The method of claim 1, wherein the calcium is contained in milk, yogurt, and/or cheese.

Claim 16 (original): The method of claim 1, wherein the calcium is contained in a dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium.

Claim 17 (original): The method of claim 1, wherein the calcium is contained in a liquid supplemented with calcium.

Claim 18 (original): The method of claim 1, comprising the administration of effective amounts of dairy products, wherein the individual is a child, and the method reduces the risk of adiposity and/or controls weight gain products.

Claim 19 (original): A method of modulating metabolism in an individual who consumes suboptimal amounts of dietary calcium comprising administering increased amounts of dietary calcium sufficient to induce a metabolic change in the individual.

Claim 20 (original): The method of claim 19, wherein the metabolic change occurs within adipocytes.

Claim 21 (original): The method of claim 19, wherein the metabolic change comprises decreasing intracellular calcium concentrations ($[Ca^{2+}]_i$), stimulating lipolysis, inhibiting lipogenesis, and increasing the expression of white adipose tissue uncoupling protein 2 (UCP2).

Claim 22 (original): The method of claim 19 wherein the metabolic change comprises reducing serum insulin levels, thermogenesis, and decreasing the levels of calcitrophic hormones.